

Join us at

CANADA'S  
*Outdoor*  
FARM SHOW

SEPT. 15, 16, 17, 2009  
CANADA'S OUTDOOR PARK  
WOODSTOCK, ONTARIO

[CanadasOutdoorPark.com](http://CanadasOutdoorPark.com)

**Celebrating Healthy Living Expo –  
Amalgamating Local Foods, Organic &  
Women in Ag**

The growing popularity of the “Local Foods – Buy Local” movement amongst consumers and the hospitality/tourism industry means that some farm families might be rethinking the benefits of this type of diversification.

Local Foods Exhibits will be amalgamated with the former Organics and Women in Ag Expos to focus on encompassing the concept of healthy living. The Federated Women's Institutes of Ontario will stage 20-minute speaker presentations that are guaranteed to educate, inspire and entertain audiences. Topics will include growing local, exotic and organic produce, seasonal eating, fitness/active living, and home decorating. There will also be a large food preparation trailer in the Expo that will host a variety of cooking demonstrations.

Located in the North Mall at 2nd Lane Canada's Outdoor Farm Show “Celebrating Healthy Living” Expo is a must see in 2009.



**Guthrie WI**

Guthrie WI donated and wrapped gifts for needy families at their Christmas meeting. They started the night with a potluck supper and then enjoyed a fun time wrapping the gifts.



**Grandview WI**

This past winter, Members of the Grandview Women's Institute (Lennox District) presented the Napean L&A County Hospital Foundation with a cheque for \$500. They have been donors to the hospital since 1963. Funds were generated from trips, auctions, yard and plant sales as well as draws at their monthly meetings.

Pictured here are back left to right – Hospital Foundation Director Ed Buck, Mary Brady, Wilda Sayeau, Gwen Robertson, Tessa Brunton. Front left to right – Nina Tucker, Gwen Kimmett, Jane Hogeboom, and Mary Belle Hambly, Grandview WI President.